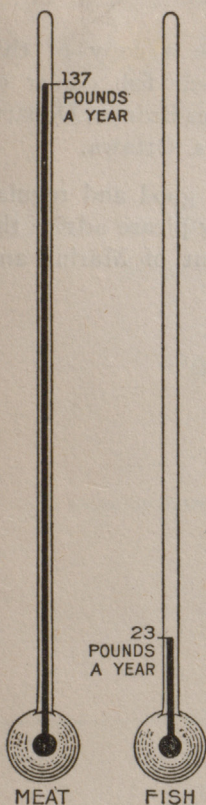


EAT MORE FISH

RECIPES AND HINTS FOR THE COOK



AVERAGE
CONSUMPTION
1920

PUBLICITY DIVISION
FISHERIES BRANCH

DEPARTMENT OF
MARINE AND FISHERIES

1921

Cod This Way

Between fish boiled in the usual way and fish boiled in a court bouillon, French style, there is a difference that more than makes up for the little extra trouble involved. A court bouillon is prepared with salted water to which is added a few carrots, a small onion, celery, lemon-juice or wine vinegar, a bunch of parsley, thyme and a bay-leaf, and a little wine if desired. When the vegetables are tender, wrap the fish in a cloth, lower it into the liquid on a strainer and simmer—do not boil—until done. Why not order a piece of nice fresh-caught cod tomorrow, and try this method? You'll enjoy it, we know.

If your friends would like a copy of this booklet tell them to ask their fish dealer or communicate with the Fisheries Branch, Department of Marine and Fisheries, Ottawa.

If you are not receiving a good and regular supply of fish in your locality please advise the Fisheries Branch, Department of Marine and Fisheries, Ottawa.

DEPARTMENT OF MARINE AND FISHERIES

OTTAWA, - CANADA

Hon. C. C. Ballantyne, Minister

Hon. F. J. A. Caruth, Minister.

EAT MORE FISH

Hints to the Cook on How it
should be Treated

Bulletin No. 3

Issued by Publicity Division of Fisheries Branch

Ottawa

F. A. ACLAND

Printer to the King's Most Excellent Majesty

1921

25216-1

When Seafish Are Most Abundant

Although the science of refrigeration tends to make every species of fish available at all periods of the year, the following chart will enable the housewife to know when particular kinds are in greatest abundance and consequently obtainable more cheaply. If the housewife is insistent upon fresh (unfrozen) fish she should select seasonable varieties.

Kinds of Fish	Where Caught A—Atlantic P—Pacific	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Alewife.....	A				x	x	x						
Black Cod...	P				x	x	x		x		x		
Clam.....	A			x	x	x	x						
".....	P	x	x	x	x								
Cod.....	A					x	x	x	x	x	x		
Crab.....	P	x				x	x	x	x	x	x	x	x
Haddock.....	A				x	x	x						
Hake.....	A						x	x	x	x			
Halibut.....	A				x	x	x	x	x				
".....	P					x	x	x	x	x	x		
Herring.....	A					x	x	x	x	x			
".....	P	x	x	x							x	x	x
Lobster.....	A			x	x	x	x	x	x	x			
Mackerel.....	A						x	x	x	x	x		
Pilchard.....	P						x	x	x	x	x	x	
Pollock.....	A						x	x	x	x			
Rock Cod....	P	x	x	x	x	x							
Salmon.....	A					x	x	x	x				
".....	P					x	x	x	x	x			
Sardine.....	A				x	x	x	x	x	x	x		
Shad.....	A					x	x						
Smelt.....	A	x	x										x
Swordfish....									x	x			

Why is Fish Overlooked?

FISH is an article of food available to Canadians in great abundance, but unfortunately it is being sadly neglected. Each year our fishermen land between 800,000,000 and 900,000,000 pounds of fish. Of this amount less than one-quarter is consumed in Canada, and for the balance a market must be found abroad.

Canada is potentially the greatest fish-producing country in the world. We have more ready access to the great fishing banks of the North Atlantic than any other country, but, sad to relate, we do not take the same profit from them that others do. We also have at our door the great banks of the Pacific, invaluable inshore fisheries, and many prolific inland areas.

The United States lands approximately two billion pounds of fish each year. Canadian fishermen could land as much or more if they were assured of a market for their catch. If our Canadian people were to consume a reasonable quota it would be a big encouragement to the fishermen and a tremendous stimulus to the industry.

There are, apparently, two things standing in the way of a more general use of fish. One is unsatisfactory distribution. The other is lack of knowledge on the part of the housewife as to the fine qualities of fish when properly prepared. A wider knowledge of proper methods of cooking fish will lead to better appreciation of its worth.

As for our distributing system, there exists a situation analogous to that ever-present tramway question. The tramway company says to city dwellers: "Build up your outlying districts and we'll extend our line." The average citizen answers: "You extend your line first, then we'll build."

So it is with the distribution of fish in Canada. The railways and various distributing agencies say: "Wait until the demand warrants it, then we will give a better, more regular and more reliable service." And the prospective fish fancier answers: "Well, I can't make fish a regular item in my diet because I can't get it regularly; sometimes it's not altogether fresh"—and so on.

But, just as with the tramway problem, we've got to begin somewhere. Instead of waiting for each end to make a break, why not start together?

Let each purchaser for the household in his or her dietary budget for the year make provision for a pound of fish per week for each one at the table. For the time being, let him or her, as the case may be, overlook slight deficiencies in the supply service. Fish distributors, wholesalers and retailers are striving to give the very best service, but they are handicapped. Increased consumption will mean cheaper handling, reduced overhead charges and better service. And this means to the consumer in the end cheaper fish, better fish and regular delivery.

Fish Excellent Food and Cheap

It is reckoned by scientists who have made an exhaustive study of the question, that pound for pound, fish is as rich in nutrients as meat, and in some instances richer. In addition there is a tremendous variation in price between fish and meat which makes the use of the former a very economical practice. And not only that. Sir James Crichton-Browne, an eminent British food specialist, maintains that for working people of all classes—those who work with the head as well as those who work with the hands—fish is an economical source of energy quite necessary to enable them to carry on their work. Fish is more easily digested than meats and for this reason is particularly adapted for those of feeble constitutions and sedentary occupations.

If one thinks for an instant that a man engaged at hard manual labour cannot subsist on a fish diet, let him reflect upon the history of the Japanese. They are essentially a fish-consuming people, their per capita use of sea foods being more than two hundred pounds a year. Still they are regarded as one of the best physically-developed races on earth, and they certainly have sacrificed nothing in mental astuteness through their dependence on fish.

The dietary requirements of a man engaged in light to moderate employment is estimated at .25 pounds of protein and 3,050 calories per day. Protein is the most important food constituent and the following table will illustrate the comparative value in protein of fish and other foods.

Per cent protein

Beef.....	14.8
Veal.....	15.6
Chicken.....	13.7
Milk.....	3.3
Potatoes.....	1.8
Halibut.....	15.3
Herring.....	13.2
Pollock.....	15.4
Lake trout.....	11.0
Salt mackerel.....	13.9
Finnan haddie.....	22.0

Make Sure Fish is Prime

It requires little effort to prove that fish is an excellent food, but at the same time it is a fact that no other food commodity requires such careful treatment at the hands of the cook to make it palatable. It is entirely up to the cook whether prime fish will come to the table as a treat for an epicure, or as an offence to less refined tastes.

In the first place, in selecting fresh or frozen fish one should examine it carefully. The following tests will generally decide the point as to whether a fresh fish is good or not good.

If a fish is good the skin will be shiny, the eyes transparent and bulging, gills bright red, flesh elastic and firm so that finger print will not remain. It will smell fresh at gills and mouth and gills will be closed. A fresh fish will sink in water.

If a fish is bad the skin is covered with slime and is spotty, the eyes are sunken and untransparent, the mouth is open and the gills usually open or readily opened. It has an unpleasant odour, especially at the gills. A bad fish will float in water.

These signs of a good or bad fish are not absolute, and they need not all be present. One characteristic alone may be sufficiently predominant to decide the question.

About Frozen Fish

For years there has been a prejudice against frozen fish. This is bound to die out soon. Thirty odd years ago there existed a strong aversion to frozen beef. Today there is none. People when buying beef never ask whether or not it is frozen, because their experience and their knowledge tell them that there is no distinction in the flavour or in the food value.

The same applies to fish. The freezing process of preserving meat is just as successful in its application to fish, but unlike meat, fish must be handled very carefully in defrosting.

It is better to buy the fish in the frozen state and thaw it in the kitchen. Fish should not be immersed in water to thaw. That practice robs the fish of its fine flavour. Nor should it be placed on ice, because the defrosting is uneven and the result detrimental.

Frozen fish should be thawed slowly in a refrigerator or in a cool place, and should not be cooked until the frost has been thoroughly driven out of it.

A Few General Rules

A good many cooks are very fond of displaying their artistry in the decoration of dishes coming to the table. With fish a few precautions before the fish is cooked will prove much more effective. No embellishments can conceal a badly cooked fish.

All fish should first be washed in salt water, with the exception, of course, of smoked fish, which is usually wiped over with a damp cloth to preserve its flavour.

Salt fish should be soaked in fresh water to remove some of the salt.

When preparing salt fish do not cut it with a knife—separate it with the fingers or with a fork—it is as sensitive to “steel flavour” as a delicate salad.

The eyes, gills, fins and scales should be removed from all whole fish, and the tail trimmed and the inside carefully cleaned and wiped with a wet cloth.

Exceptions to these rules are turbot, which keeps its fins and scales, and red mullet and smelts, which are usually left undrawn.

To skin a flat fish begin at the tail with a thin sharp blade dipped in cold water—for round fish reverse the operation and begin at the head.

To fillet or bone a fish use a sharp knife (if possible kept for the purpose), make an incision close up to the backbone, then carefully remove the flesh with long even strokes.

Crimping or slashing the fish across at certain distances improves the flavour of the fish considerably.

Never allow fish to stand in water for any length of time, otherwise much of its flavour will be destroyed.

How to Fry Fish

There are three ways of preparing fish for frying, viz.:—firstly, dipping it in milk and flour; secondly, coating it with prepared batter,

and thirdly, egging and crumbing. The last is considered the nicest, but it is also the most expensive.

The pan used for frying should contain sufficient fat to thoroughly cover the fish. Dripping, lard or oil can be used for frying purposes.

The fat must be quite hot—it must, in fact, be smoking—before the fish is put in, so as to harden the outside, thus preventing the fat from entering into the fish, which would spoil the flavour and make it indigestible.

Only a small quantity of fish should be fried at a time, and the fat should be allowed to get thoroughly hot before the next lot is put in.

As soon as the fish is brown on both sides, drain it on paper or a cloth, so as to absorb all the fat. It should then be dished up on a folded paper and placed on a hot dish.

When the frying is ended, allow the fat to cool a little, strain it to remove any loose crumbs or bits of batter, and the fat will then be quite fit for future use.

How to Boil Fish

Clean and wash in plenty of cold water the fish intended for boiling. Add a little salt to the water; this will help to clean it, and keep the fish firm.

Cod, haddock, whiting, mackerel, hake, ling, etc. are best suited for boiling.

The fins should be cut off and the eyes taken out, if a small fish, such as haddock, whiting or mackerel.

Put the fish into warm water; add sufficient salt and vinegar to taste. Vinegar helps to keep the fish firm and white.

Allow about ten minutes for each pound of fish, and fifteen minutes over if large. A moderate-sized fish usually takes fifteen to twenty minutes to cook. Fish must not be allowed to boil fast; the slower it boils the better.

When cooked, it should have a creamy appearance, and come easily from the bones. When done, lift it out carefully; let it drain, and place it on a hot dish. Serve with melted butter, parsley, caper, eggs, or anchovy sauce. Boiled fish, when once cooked should be served promptly.

The water in which fish is boiled should not be thrown away, for it can be used as stock for soups and fish sauces and stews.

Our Canned Sea Food

The canning of fish is an industry which is rapidly expanding. At the present time about \$20,000,000 is invested in this branch of the fisheries, and each year plants are being extended, new establishments are being built, canned sea food is being put on the market in increased quantities and new species are being treated by the process.

Canned fish, or sea food otherwise preserved in hermetically sealed containers, has many advantages, which, of course, are quite obvious to one who has been in the habit of buying provisions for the household.

In the first place, the percentage of protein, the chief element of food, in canned fish is much higher than in fresh fish, for the simple reason that all waste parts are removed and the article is one-hundred per cent edible. To illustrate: the average amount of protein in salmon is about fifteen per cent; but in the canned product the proportion frequently runs as high as twenty-two and twenty-three per cent.

Secondly, canned sea food is either partly or entirely prepared for serving. No one but the cook appreciates what this implies. It means the saving of time and labour in the kitchen and a guarantee of a wholesome dish for the table, obviating the constant worry on the part of the cook as to whether a dish will "turn out good." If it is intended to use fish in the form of a salad

it is a long process when beginning with the fresh commodity, but extremely simple when using it canned.

Thirdly, but not least in importance by any means, is the fact that canned fish will keep good in any temperature and is not affected by sudden changes from hot to cold, or vice versa. It will submit to the most careless handling without suffering injury. It may be taken from the frigid zone to the tropics and back again and still be as palatable as when first put upon the market. By virtue of this attribute many people in interior parts of the country not now blessed with a regular supply of fresh fish may maintain a proper fish diet.

It has often struck the writer as a serious oversight on the part of people who are obliged for economic or geographic reasons to lay in supplies for months ahead, that they do not make more systematic use of canned or cured fish. In case lots canned fish is procurable very cheaply.

The immunity of canned products to conditions which would render other foods unfit for human consumption has rendered the canning process of preservation now almost indispensable to mankind. With fish, however, the low per capita use includes also the canned product. The percentage of canned fish consumed in Canada as compared with that manufactured in the country is unreasonably small. As with fresh and cured fish, the attention of the people must be drawn to it.

The abundance of fish all around us and the little use we make of it brings to one's mind the old saying about familiarity breeding contempt. The excessive use of imported food commodities would seem to demonstrate a degree of truth in the opposite saying about distance lending enchantment to the eye.

About Fish Recipes

The waters from which we receive our supplies of fish yield more than six hundred edible varieties, about seventy-two of which are known in the retail markets of Canada. There is always a good variety obtainable. An authority on culinary matters declares that it is possible to use one species of fish for a whole week and prepare it in such a variety of ways that it will not become monotonous to the consumer. How great then is the scope of the cook when she has such a multitude of fish to choose from and an article of food susceptible to so many different treatments.

It is not necessary to advertise elaborate recipes for the preparation of fish. The tyro needs recipes which embody merely the fundamental principles of fish cookery. As she advances in her knowledge, she, herself, can invent more elaborate preparations suited to her taste or that of the people she is serving. Just the simple, homely ways of frying, baking, boiling or steaming suggested in the following recipes will be found least troublesome and highly satisfactory.

Nor is it necessary to purchase the more expensive varieties of fish to get delicacy of flavour, nourishment and digestibility. Cod, herring, haddock, mackerel, pollock and the flatfishes are just as palatable, when properly treated, and just as nutritious as other species ranking among the "fish luxuries."

It was particularly these less expensive varieties of fish to which Sir James Crichton-Browne, the famous food specialist, had reference when he said:

"You will be doing a public service if you can persuade some of the poorest among us, whose food is at present inadequate, to substitute a little fish for the monotonous round of bread, dripping and tea."

In other words, people unfortunately reduced in means may acquire the nourishment necessary

for their physical well-being by substituting the inexpensive varieties of fish for the insufficient assortment of food which many of that class are accustomed to purchase purely in mimicry of their better-off neighbours.

Cod Recipes

(HAKE AND POLLOCK)

Almost all parts of the cod provide nourishment. The head and shoulders, which are quite wrongly regarded as waste, are useful for fish soups, fish stews, and fish puddings.

Hake and Pollock—These fishes—close relations of the cod—are similar in many respects, and recipes suitable for cod are, as a general rule, applicable to them as well.

Boiled Codfish—Clean and wash the fish, and put it in a fish kettle with plenty of hot water and a large spoonful of salt; bring it slowly to a boil; let it simmer gently, removing the scum as it rises to the top, with an iron spoon, and allowing about ten minutes to the pound; put the lid on tightly. It is best to see whether the fish leaves the bone easily before lifting it out, as they vary so much; slip it carefully on to a hot dish with a strainer and serve with anchovy sauce and potatoes.

Codfish and Lobster Sauce—Boil the codfish as above, break the large claws of a lobster, take out the meat and cut it in small pieces; have ready some good white sauce, put the lobster in it and stir well; dish up the codfish, decorate it with the small claws lightly cracked, and rings of lemon; serve it with potato snow. The rest of the lobster can be used for another dish.

Steamed Codfish—If you are cooking a piece of codfish, it is much better to steam it; place it in the steamer, cover it closely with grease-proof or parchment paper, put the lid on tightly, keep the water boiling; lift it out carefully, and serve with oyster, shrimp, lobster or anchovy sauce, boiled potatoes and any other vegetables that you like.

Codfish Cutlets—Cut some slices of codfish about an inch thick, the tail part is best because they will be undivided. Dry, flour, brush over with egg and milk or a thin batter of flour and water, press some bread crumbs

firmly on so that they are quite covered, and fry them in boiling fat or oil; drain them on paper, arrange on a hot dish, garnish with parsley and lemon, and serve with fried or mashed potatoes.

Codfish Cutlets Baked—Cut some cutlets about an inch thick from the tail of a codfish; dry them, lay on a greased tin or fireproof dish, sprinkle with salt and pepper, put a little pat of butter on each and bake in a hot oven for twenty minutes; serve on a hot dish, with fried potatoes and caper sauce.

Steamed Codfish Pudding—Wash, peel, boil and mash four good-sized potatoes. Shred or flake $\frac{1}{2}$ lb. boiled cod, melt 1 ounce butter or dripping in a pan, add the fish and potatoes, and mix well together. Beat up an egg with half a gill of milk and stir in. Put the mixture into a greased pudding basin, steam for $1\frac{1}{2}$ hours, turn out and serve hot, season with salt and pepper.

Codfish in Batter—Any pieces of codfish that are left over will do; dry them and dip in frying batter so that they are quite covered, drop into deep frying fat or oil and take out as soon as they are a golden brown; drain well, and serve with little fried potato rolls or triangles of fried bread. Excellent dish for supper or breakfast, it is so quickly cooked.

Codfish Balls—Break up finely with a fork any cooked codfish that you have, mix it with an equal quantity of cooked potatoes that have been rubbed through a sieve, season with pepper and salt, and stir it in a little pan with just enough milk to make a firm paste; a yolk of an egg improves it; turn the mixture on to a plate, divide into even size pieces, roll each into a ball, flour them lightly, brush them over with milk, and cover with bread crumbs and fry in deep fat; drain well; pile on dish and garnish with dried parsley.

Serve potatoes with fish—they contain nutritious properties which, added to those of the fish, make a fish dish an ideal form of nourishment.

Haddock Recipes

Steamed Haddock—Clean and wash a fresh haddock; and cook it on a steamer, being careful that it is not overdone or it will break; remove it very carefully to a hot dish, and serve with anchovy sauce and boiled potatoes.

Dried Haddock—Put the haddock in a deep tin, pour boiling water over it and stand it in the oven for about ten minutes; drain well and sprinkle some pepper on it, spread some butter over and serve very hot.

Finnan Haddie (Scalded)—Lay the haddock in a deep dish; pour over some boiling water; cover and let stand in a hot place, on the top of the stove will do, for ten or twenty minutes according to its size; then drain well, put in the oven for a minute and serve on buttered toast.

Stuffed Haddock—Clean and wash a fresh haddock; stuff it with veal stuffing; shape in a circle by fastening the tail to the mouth, then place on a greased baking tin, pour some brown sauce or thick gravy over, cover with greaseproof paper, and bake 20 minutes or longer, basting it now and then; serve with the gravy poured round, and mashed or boiled potatoes. A delicious method of serving haddock.

Haddock with Fried Onions—Clean and wash a fresh haddock; shred some onions and fry them lightly, mix them with some cooked potatoes that have been rubbed through a sieve; season with pepper and salt, and bind together with a little milk; stuff the fish with it; bake in a hot oven, and serve with rings of fried onions around.

Haddock with Gravy and Bread Crumbs—Clean, wash and dry a fresh haddock; lay it on a baking tin, sprinkle with pepper and salt, and press on it a thick coating of bread crumbs; pour some good brown gravy round, and bake in a hot oven, basting it occasionally; the bread crumbs should be well browned when it is cooked; serve with the gravy round and a dish of carrots and boiled potatoes, or place the vegetables alternately round the fish.

Haddock with Bacon—Cut one or two fat rashers of bacon, lay them on a dried haddock; fold together and bake in a hot oven for a quarter to half an hour. This is an excellent dish and very nourishing.

Haddock Fillets Baked—Fillet a haddock; dry the pieces, lay skin downwards on a greased tin, season with pepper and salt, squeeze a little lemon juice on them and put a pat of butter on the top, fold each one over, cover with greaseproof paper and bake in a hot oven. Serve with beans and mashed potatoes.

Baked Haddock—Spread the haddock with a little dripping or margarine and cook in moderately hot oven from 10 to 20 minutes, according to size. The haddock is cooked when the fish leaves the bones easily.

Grilled Haddock—Wipe one or more haddocks with a cloth, and brush over both sides with melted butter and season with white pepper and a little nutmeg. Then place the fish on or between a gridiron and broil, i.e. grill the fish in front of or over a bright fire, allowing about 10 minutes for each side. When done, dish up—skin downwards—spread over with fresh butter, garnish with parsley and serve.

Creamed Haddock on Toast—The ingredients required are: 4 ounces cooked haddock, 1 tablespoon milk, 1 egg, 1 small shallot, $\frac{1}{2}$ teaspoon chopped parsley, $\frac{1}{2}$ ounce butter or margarine, and pepper and nutmeg. Melt fat, add chopped shallot and parsley; add fish, beaten egg, and 1 tablespoonful milk, and seasoning. When just setting serve on croutons of fried bread.

Recipes for Flatfish

This variety of sea food, which is known in the Canadian retail market as sole, brill, witch, flounder, skate and plaice, is highly nutritious and exceedingly palatable. It is extremely popular in the United Kingdom—in fact, sole is one of the rarest delicacies, being more highly esteemed than the far-famed turbot. As yet, however, Canadians have failed to appreciate its worth. But, like many other things possessing real merit, it will not much longer “waste its sweetness on the desert air.”

Steamed Plaice—Clean and wash the plaice; lay it spots downwards in a steamer over boiling water, cover with greaseproof paper, put the lid on tightly, and steam for 20 minutes or so, according to size of fish; take out carefully and serve with quarters of lemon, white or anchovy sauce and boiled potatoes.

Plaice for an Invalid—Clean and wash the plaice, cut off the head and tail; lay it on a fireproof dish, cover with greaseproof paper and bake it; or place it between two plates and steam it over a saucepan of boiling water. In

either of these two recipes all the nourishment is retained; pepper, salt, lemon juice or sauce may be added according to the doctor's orders.

Fried Plaice—Clean, wash and dry the plaice, cut off the head and tail and trim the sides; sprinkle with flour, brush it over with milk and cover with dried bread crumbs; let it stand in a cool place on paper till you are ready to fry it, then have plenty of fat or oil smoking hot, put the plaice in (turn it if it is not covered enough to cook the upper side), cook about 8 minutes, according to size, drain well and serve very hot.

Fried Fillets of Sole—Cut the fillets with a thin, sharp knife dipped in cold water, and cut from the head to the tail, leaving the bones quite clean, and use them for fish sauce. Shape the fillets with the flat blade of the knife, dry them, sprinkle with flour, brush them over with milk or egg and milk; or a thin paste of flour and water will do; cover with dry bread crumbs and fry carefully; serve with fried parsley, lemon and potato chips.

Small Fillets of Brill—Cut the fillets as above, and divide each one into three or four even pieces; then dry and cover with bread crumbs, fry them in deep fat or oil so hot that a pale blue smoke is coming from it, and use a frying basket if you have one. Put the fish in gently so that the fat does not splash, and when the fish is a golden brown take out; drain on paper, and serve, arranged in a ring with mashed or fried potatoes in the centre.

Baked Flounder—Clean and dry the fish, cut off the head and tail and trim the sides; lay on a greased baking dish, sprinkle with pepper and salt, put some small pats of butter on top, squeeze the juice of half a lemon over, cover with greaseproof paper and bake for 10 minutes or longer. Serve with a good brown gravy or sauce into which the liquor from the fish has been stirred.

Recipes for Fresh Herring

Grilled Herring—Wash the herrings in cold water; dry and toast under the gas grill or in a gridiron before a clear fire; grease the bars of the grid to prevent the fish sticking, cook for a few minutes on each side; serve with mashed potatoes.

Herring with Tomato Sauce—Bone the herrings; lay them on a greased baking dish, sprinkle with salt and pepper, pour a large spoonful of vinegar and water over them, and bake in hot oven; serve with hot tomato sauce and mashed potatoes.

Herring and Onion Sauce—Grill the herrings carefully on both sides; place them on a hot dish, heads and tails arranged alternately, and serve very hot with good onion sauce and a dish of mashed potatoes. An excellent dish.

Herrings and Onions—Prepare herrings by removing the bones; peel and fry as much onion as you require; put a good layer on each and fold them together; bake in hot oven and serve with slices of potato fried or baked a golden brown.

Recipes for Kipperd Herring

Grilled Kippers—Choose the kippers as far as possible all the same size; arrange on gridiron or on gas grid, and cook lightly on the cut side; sprinkle with white pepper, put a small pat of butter on each and serve hot.

Poached Kippers—Place the kippers in a shallow pan of hot water; bring slowly to a boil and let cook for two or three minutes; drain well; slip them on to a hot dish, put a small pat of butter on each, and arrange some golden brown fried potato chips all round.

Steamed Kippers—Arrange the kippers on a plate which exactly fits the top of the saucepan, pour some boiling water over them, cover with a lid and let steam for three or four minutes; drain away the water, pepper them, put a pat of butter on each, wipe the bottom of the plate dry and serve boiled potatoes with them.

Recipes for Bloaters

Bloaters—Put the bloaters into a pan of hot water; bring slowly to a boil and cook for two or three minutes; drain them and serve very hot with little pats of butter.

Baked Bloaters—Place the bloaters in a baking dish; pour a little hot water over them and cover with a piece of greaseproof paper. Bake 5 or 10 minutes. Serve very hot.

Filletted Bloaters—Cut the bloaters open down the back, take away all the bones and lift the fillet from each side on to a greased baking dish; sprinkle with a little pepper, squeeze some lemon juice over, cover with greaseproof paper and bake in hot oven; serve on oblong slices of fried bread.

Bloaters with Rice—Boil some rice by throwing it into plenty of boiling water with a little salt in it, and let boil quickly for 15 or 20 minutes. Drain well. Fillet some bloaters and cook in the oven (see "baked"), arrange the rice thickly on a hot dish, lay the fillets on it, squeeze over some lemon juice and sprinkle a little chopped parsley on top.

Recipes for Mackerel

Mackerel a la Creme—Soak the salted fish forty-eight hours. Place in shallow pan and barely cover with milk; place on top of stove and let boil about 15 minutes. Carefully remove fish to a platter, skin side down; sprinkle with pepper and pour the milk over it; garnish with parsley and slices of lemon. Prepared thus, the fish contains the least amount of salt.

Fresh Mackerel Boiled—If not cleaned, open at the gills, take out the insides, wash clean and pin in a fish-cloth. (Do not use the cloth that you boil mackerel in for any other fish). Drop into boiling water, and boil fifteen minutes. Serve with drawn butter.

Broiled Mackerel—Split down the back and clean. Be careful to scrape all the thin black skin from the inside. Wipe dry and lay on the gridiron; broil on one side a nice brown, then turn and brown the other side; season with butter, pepper and salt.

Fried Mackerel—Fry brown six good-sized slices of pork. Prepare mackerel as for broiling. Take out pork, sprinkle a little salt over the mackerel, then fry a nice brown. Serve the fried pork with it.

Baked Mackerel—Split fish, clean and remove head and tail. Put in buttered dripping pan and sprinkle with salt and pepper and dot over with butter (allowing one tablespoonful to a medium-sized fish) and pour over two-thirds cup milk. Bake 25 minutes in hot oven.

Recipes for Halibut

Broiled Halibut—Season the slices with salt and pepper and fry them in melted butter for half an hour, having them well covered on both sides, roll in flour and broil for 10 minutes over a clear fire. Serve on a hot dish, garnishing with parsley and slices of lemon. The slices of halibut should be about an inch thick, and for every pound there should be three tablespoons of butter.

Fried Fillets of Halibut—Remove the skin and bones from a slice of halibut weighing one and one-quarter pounds. Cut each of the four pieces thus made, in halves lengthwise, making eight fillets. Sprinkle with salt, pepper, and lemon juice. Roll and fasten with small wooden skewers. Dip in crumbs, egg, and crumbs, and fry in deep fat.

Scalloped Halibut—Shred one cupful of cold boiled halibut; pour in the food pan one and one-half cups milk and let come to a boil; add butter size of an egg, salt and pepper, then the crumbs of four crackers, add lastly the halibut; let it cook five minutes, then add two hard-boiled eggs chopped fine, and serve on a hot platter with bits of buttered toast.

Recipes for Salmon

Boiled Salmon—A piece weighing six pounds should be rubbed with salt, tied carefully in a cloth, and boiled slowly for three-quarters of an hour. It should be eaten with egg or caper sauce. If any remain after dinner it may be placed in a deep dish, a little salt sprinkled over and a teacupful of boiling vinegar poured over it. Cover it closely and it will make a nice breakfast dish.

Salmon Salad—Flake 1 can of salmon fine, 1 cup of cabbage cut fine, 1 cup celery cut fine, sprinkle a pinch of salt, dash of paprika; mix lightly and chill them. Mix with mayonnaise dressing. Serve on lettuce leaves.

Salmon Salad—One large can of red salmon, 1 cup chopped celery, 1 cup chopped English walnuts, 4 or 5 sweet pickles. Mix well with cream mayonnaise.

Salmon Salad Sandwiches—1 pound can of salmon, 1 tablespoonful of any preferred salad dressing, 2 tablespoonfuls of finely chopped cucumber pickles (sour), 1 teaspoonful of grated onion or onion juice, $\frac{1}{2}$ teaspoon mixed salt

and pepper. Mix thoroughly and spread between thin slices of bread.

Salmon Loaf—1 small can of salmon, 1 cup cracker crumbs, 1 egg, 2 tablespoonfuls of sweet milk; small amounts of nutmeg, paprika, salt; remove bones from salmon, break into small pieces, add well-beaten egg, seasoning and cracker crumbs; bake in well-buttered dish for 15 minutes; serve hot for lunch.

Baked Salmon Loaf—1 can salmon, 1 pint mashed potatoes, 1 cup browned cracker crumbs, two cups of parsley sauce. Grease a good-sized mould with butter, sprinkle with cracker crumbs and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mould. Cover with potatoes and then cracker crumbs, put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over.

Baked Creamed Salmon with Spaghetti—1 can of salmon, $\frac{1}{2}$ pound of spaghetti broken fine, butter size of an egg, 1 pint of milk, 2 eggs. Boil spaghetti in salted water until tender, drain in a colander, and pour cold water through it, grease baking dish and put layer of spaghetti, layer of salmon, bits of butter and pepper; continue until all is used. Beat eggs, add milk, and pour over and bake forty-five minutes. Serve with or without white sauce.

Salmon Turnovers—Make a light dough as for short-cake. Take 1 can of salmon and remove liquid and bones, 1 can of green peas. Roll out a disk of dough about six inches across. Fill with one tablespoon of salmon, one tablespoonful of peas, a little salt and pepper, bits of butter. Moisten the edges with cold water, turn over, and press together with a fork. Bake in moderate oven until delicate brown.

Scalloped Salmon, No. 1—1 can of salmon, 1 pint of milk, 1 egg, 1 heaping tablespoonful butter, 2 rounding tablespoonfuls flour. Put the milk on stove in double boiler, keeping out one-half cup. Mix butter and flour to a smooth paste, and add an egg well beaten, then the one-half cup milk. Mix well and then stir into the milk, which should be scalding. Stir until smooth and thick like gravy. Season with salt and pepper and set aside to cool. Butter a baking dish and fill with alternate layers

of flaked salmon and the cream dressing. The top layer should be of the dressing. Sprinkle with cracker crumbs and bake one-half hour in oven.

Scalloped Salmon, No. 2—1 can of salmon, 4 tablespoonfuls of butter, 2 tablespoonfuls of flour, $1\frac{1}{2}$ pints of milk, 1 teaspoonful salt. Mix cream, butter and flour together, add the milk, and cook until thick. Butter the baking dish, cover the bottom with fine cracker crumbs, add a layer of salmon picked apart and bones removed. Then add a layer of cracker crumbs, alternating with salmon. Pour the hot dressing over it. Place in oven and bake 20 minutes.

Curried Salmon—Melt 2 tablespoonfuls of butter in a pan, add one-third cup of flour, and 1 teaspoonful of curry powder; rub smooth in 1 pint of milk; stir until it boils; season with salt; add 1 can of salmon, and heat thoroughly while stirring; place in centre of a platter, and border with hot boiled rice seasoned with salt and dotted with butter.

Creamed Salmon—1 can of salmon; 1 cup milk; 2 level tablespoonfuls flour; 1 teaspoonful chopped parsley; melt butter, add flour, rubbing together over blaze until flour begins to cook; add milk, stirring constantly; boil till smooth; add parsley and salmon; keep on stove till salmon heats through; serve on squares of buttered toast or in pastry cups.

Salmon Croquettes—1 pint of chopped salmon, two-thirds cup of cream, 1 large tablespoonful of butter, small tablespoonful of flour, 2 eggs, two-thirds pint of bread-crumbs; salt, and pepper to taste. Mix the flour and butter, let cream come to boiling point, stir in butter and salmon and seasoning. Boil 2 minutes, let get cold. Form into croquettes and fry in hot lard.

Other Fishes

Whitefish, one of the most tasty freshwater fishes, may be cooked by frying in the usual manner, or baked.

Fresh-Water Herring, a variety of whitefish, is also very delicious, and may be cooked in the manner described for whitefish.

Lake Trout may be baked, broiled or fried. The meat is very white and particularly sweet.

Pickarel may be baked, boiled or fried.

Perch are best when fried.

Pike is a white-fleshed, wholesome fish and is best when baked or boiled.

Catfish should be skinned and fried.

Tullibee is very similar to whitefish and should be treated in the same manner.

Goldeyes are a little larger but otherwise similar to herring, and are very tasty when fried. They should be placed in a shallow pan which has been covered with brown paper. Heat thoroughly in the oven with a moderate fire until the fish spread open. When cooked, the heads and skin are easily removed. Serve whole on a hot platter and garnish with lettuce.

Canned Fish

Canned fish is usually ready for the table and is served either hot or cold. The only worry on the part of the cook is the decoration of the dish for the table, and the preparation of sauce, etc. A perusal of fish recipes contained in the foregoing pages will very likely give her the hints she requires in these matters.

Varieties of Salmon.

Right here it might be well to make special reference to canned salmon. A large quantity of this is put up each year on the Pacific Coast, but a fact not generally known is that there are five distinct varieties of varying commercial value. In order, they are—sockeye, red and white spring, coho, pink, chum or qualla. They may be distinguished in the tin by their colour and the presence or lack of oil. The Meat and Canned Foods Act requires that the tin must bear the name of the species, so purchasers should be careful to note that they are getting what they pay for. It should also be borne in mind that food value and commercial value are not the same. As a matter of fact, chum salmon, the cheapest, is richer in nutrients than any of the other varieties. Definite retail prices cannot be quoted because

of constant fluctuation, but chum salmon should be at the most one-quarter the price of sockeye, and pinks one-third. The market quotations for these commodities are not based on food values, but supply and demand, hence the low prices prevailing for pink and chum salmon.

A Staple Preparation

There are orthodox ways of preparing every food. Mrs. Evelene Spencer, who won considerable prominence a few years ago by her campaign to urge American people to eat more fish, suggests an improvement on the usual method of cooking fish, as follows:

Wash the fish in cold water. Cut into pieces the proper size for individual service. Dip in salted milk ($\frac{1}{2}$ teaspoonful salt to 1 cup milk) and then into dry finely-sifted bread crumbs. Place the pieces in a well-greased pan, sprinkle a little cooking oil or melted fat over the surface of each, and bake in a very quick oven for 10 or 15 minutes, depending on the thickness of the pieces. When the fish is baked to a deep golden brown, place on a hot platter and garnish with parsley or slices of lemon. May be served plain or with tartar sauce.

The following recipes were prize-winners in a contest recently held by the Fisheries Branch:

Pan Broiled Pickerel—Clean well and wash fish thoroughly. Dry with a clean white cloth. Have drippings and a little butter or butter alone, if it can be afforded, well-heated in frying pan. Dip pieces in milk, sprinkle with salt and pepper, then roll in flour. Lastly roll it in bread crumbs. Put in grease and fry to a golden brown. Serve hot.

West Coast Oven Fish—Take 1 small fresh codfish, skin, cut in pieces and dry with cloth, dip in flour, fry till pale brown. Take three medium-sized onions and six good-sized potatoes, peel and slice thin. Line casserole with part of the potatoes and onions, sprinkle with salt, pepper and flour, a small quantity of finely chopped parsley, then put in layer of fish. Repeat alternately, putting

potatoes and onions last, on top place two thick slices of fat, salt pork or bacon, barely fill dish with water, cover and bake an hour and a half in a slow oven. Bring to table in the dish in which it has been cooked.

Soused or Pickled Mackerel—Clean a 2-pound fresh mackerel by wiping with a damp cloth. Cut in four or six pieces and put in baking dish, sprinkle with $\frac{1}{2}$ dessert-spoonful salt and 1 tablespoonful of pickling spice. Pour 1 cup vinegar and $\frac{1}{2}$ cup water over mackerel (there should be enough to cover). Cover and let simmer for three-quarters of an hour. Serve hot or cold, but it is better served cold, and will keep several days in the pickle. Salt mackerel or herring may be used. If used, omit salt in recipe.

If you are not getting a satisfactory supply of fish in your locality please notify the

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